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NEWS WORTH SHARING.

Hey kids, 'the ball is in your court'

Naming Nova Scotia's new holiday. Province wants to hear from students

GEORDON OMAND
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While Canadians in most other provinces enjoyed a day off, Nova Scotia was busy on Monday trying to come up with a name for their newly-announced February holiday.

The provincial government announced on Monday it would enlist the help of Nova Scotian students to come up with a suitable title for the new holiday.

"Sometimes it seems to me like we know so much more about American history than we do about our own," said Kelly Regan, minister for labour and advanced education, on Monday morning at Bedford South School.

"This is a great chance to celebrate and recognize some of our own heroes and successes."

The campaign will invite primary to Grade 12 classes from across Nova Scotia to submit two things: a general name for the holiday as well as a person, place or thing that has made a significant cultural or historical contribution to the province.

Besides the holiday name, the campaign will determine 11 Nova Scotian contributions to be recognized over the next dozen years.

Next year's already-chosen inaugural contribution to be honoured is Viola Desmond, the African-Nova Scotian wrongfully jailed in 1946 after she refused to give up her seat in the white section of a New Glasgow movie theatre.

"The ball is in your court, students," said Tony Ince, minister for communities, culture and heritage, who was also part of Monday's announcement.

"I hope you're ready and you're thinking of a time in history, a place and perhaps a person … that is worthy of recognition."

Grade 4 student Ben Cochrance suggested the holiday recognize "the parents that take care of their kids."

As for what he would get up to during next year's day off: "go outside and play in the snow and maybe build a fort," he said.

"(I would) go outside and play in the snow since it would be in February," said fellow student Bridget Leslie. "And just spend time with my family."

The new holiday was part of the platform on which the Nova Scotia Liberals came to power during last year's election.

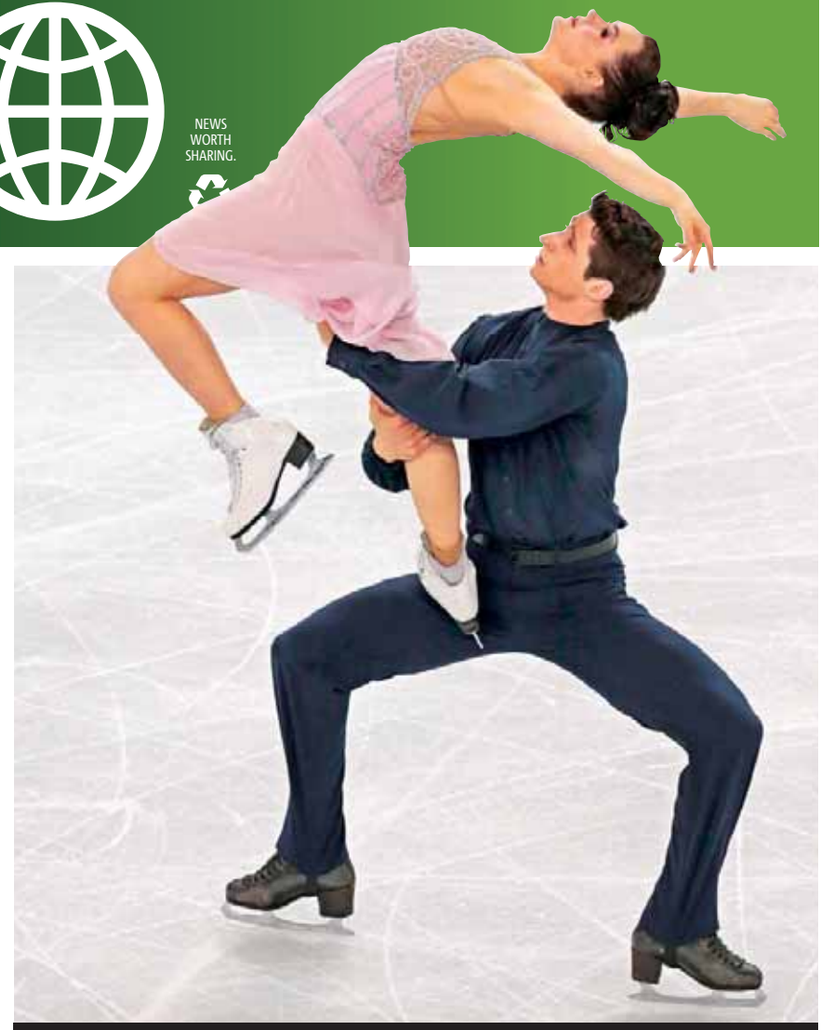
Lucky number …

7

Nova Scotia is the seventh province to introduce a February holiday. It's set for the third Monday of the month, starting in 2015.

Opportunity

"This is a great chance to celebrate and recognize some of our own heroes." Kelly Regan, minister for labour and advanced education



GOLDEN DUO TAKE SILVER

Tessa Virtue and Scott Moir of Canada compete in the free dance figure skating finals at the Iceberg Skating Palace during the 2014 Winter Olympics on Monday in Sochi, Russia. Virtue and Moir finished second to bring home Canada's 15th medal. Story, page 15 IVAN SEKRETAREV/THE ASSOCIATED PRESS

Nova Scotia, Waterworld

Team depicts potential impact of climate change. Maybe don't finish that basement just yet …

PAGE 2

Voilà! Viola Desmond honoured

School mural of legendary Nova Scotian unveiled

PAGE 3

WHAT TO WATCH IN SOCHI

- 9:45 a.m. Four Canadians will go for gold in men's ski halfpipe.
- 11:15 a.m. Canadians Kaillie Humphries and Heather Moyse will slide in first two bobsled runs.

GREG DOWNS/FOR METRO



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NEWS



Firefighters battle fatal blaze in Cole Harbour

A 67-year-old man is dead after a house fire in Cole Harbour on Monday morning. Over a dozen firefighters battled the blaze at 47 Nestor Cres. around 6:30 a.m. When firefighters entered the home, they found the victim, James Bamwoya. Police say Bamwoya died as a result of injuries sustained in the fire. A cause hasn't been determined but it's not believed to be suspicious. JEFF HARPER/METRO

Nova Scotia turns into Waterworld

#DrownNS. Province gets dunked to highlight impact of climate change

GEORDON OMAND
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Nova Scotia is about to get wet. Very wet.

Jen Graham of Halifax's Ecology Action Centre and a team of volunteers are using Google Earth technology to put the province underwater.

Their aim: To show the impact climate change will have on sea level over the coming century.

"I don't think anyone else (in Canada) is doing it this systematically," said Graham, who has served as coastal coordinator at the EAC for the past seven years.

Since late January, Graham has posted more than 20 photos online under the hashtag #DrownNS of what various sections of Nova Scotia's coastline would look like under between one and four metres of water.

According to Graham, that estimate is a conservative one coming from the International Panel on Climate Change.

"Most other coastal jurisdictions have started to deal with climate change," she said.

"Everyone else is doing it.... Nova Scotia is falling behind."

The project was inspired by Andrew Thaler, a marine biologist and science fiction writer who first developed the technique to better visualize rising sea levels in his city of San Francisco.

Thaler began tweeting photos of flooded international cities in late 2013 under the hashtag #DrownYourTown, which went viral.

Back in Nova Scotia, Graham said some of the results took her by surprise.

"If you're flooding say Yarmouth, the water floods up the East River, so it doesn't only do a little bend by the harbour. It goes up the river and floods that laterally," she said.

"That really surprised me, seeing how far inland these impacts extended."

Ultimately, Graham said the project aims to raise awareness and conversation around climate change.

"I feel that both provincially and nationally both our governments are doing us a disservice," she said.

"While they are commissioning research on this, the fact that it is so little in the public eye tends to make people think this is a distant problem, not one that is happening."



A look at one of Halifax's bridges under water. CONTRIBUTED

Quoted

"Every once in a while it's fun to play with it a little bit and just see what you can do."

Jen Graham, on flooding Province House.

Suspect at large

Man found beaten in home robbery

Police in Nova Scotia are investigating a violent break and enter that left a 37-year-old man severely beaten inside his home.

The RCMP were called Sunday around 6:30 p.m. to a home on Brown Flats Road in the community of Indian Brook.

Police say the suspect entered the home carrying a weapon, demanded prescription medication and then assaulted the victim.

The suspect fled on foot and hasn't been found. Paramedics took the victim to the QEII hospital in Halifax with serious, but not life-threatening injuries.

Police say the victim knew his attacker. METRO

Hatchet Lake

Girl, 13, hit by ATV

The latest pedestrian collision in HRM involved an ATV when Halifax police say a 13-year-old girl was hit on a rural road near Hatchet Lake.

RCMP say the 13-year-old was struck around 10:30 p.m. Friday as she was walking along Club Road with another girl.

She received non life-threatening injuries and the cause of the collision is under investigation.

RCMP spokesman Cpl. Scott MacRae said they are looking into many factors around the collision, like dark conditions and whether the ATV should have been there since they're not allowed on roads. METRO

Yarmouth

Man attacked with sledgehammer

Three men from Yarmouth have been charged after a violent robbery and assault against a 46-year-old man early Sunday morning.

The RCMP responded at 12:15 a.m. and found the victim injured. Police say he was hit by a sledgehammer and pipe.

The victim is also from Yarmouth and was treated for serious injuries.

Police say the incident wasn't random.

Ronald Dempsey Higby, 18, Desi Thomas Sisco, 21 and Trevor Joseph Jacquard, 22, all from Yarmouth, have been charged with robbery and assault causing bodily harm. METRO

Students illustrate why you should know Viola Desmond

Civil rights activist.
Mural depicts local hairdresser who stood up for herself in 1946



HALEY RYAN
haley.ryan@metronews.ca



Students from Dartmouth High School pose for a photo in front of a mural of Viola Desmond that was unveiled Monday. JEFF HARPER/METRO

For Kaitlyn Kane, black civil-rights activist Viola Desmond was a woman born in the wrong era.

Kane, a Grade 11 student at Dartmouth High School, joined her African Canadian Studies classmates on stage Monday afternoon to unveil their mural of Desmond to the school and politicians.

Desmond owned a hairdressing business in Halifax and was fined and jailed after refusing to give up her seat in the white-only section of a New Glasgow movie theatre in 1946.

"It's sort of like she wasn't in the right time. It was more she was in the future," Kane said. "She would fit in really well now."

The African studies class learned about Desmond's story and decided to create a large-scale project to teach others about her struggle, which included an unsuccessful attempt to appeal her conviction and fine.

"She really kick-started desegregation.... People need to know more about her and about her impact on society today," Kane said.

Dr. Carolyn Thomas addressed the crowd as the keynote speaker and told stories of Desmond, who she knew as a "very classy" friend of her mother's.

Thomas said that, unlike in Desmond's day, students of all backgrounds now have the opportunity to work together. She said it's especially important to discuss prominent black Canadians during African Heritage Month.

"Until they're intrinsically woven into the history books ... that history is incomplete," Thomas said to a round of applause.

African studies teacher Terry Sampson said though not all of the students originally had faith in their artistic abilities, they tried their best and were excited with the finished product.

"When the colour hit (the mural) the students were singing, dancing, hugging," Sampson said. "I don't think learning gets any better than that."

Sampson said the Bridge Centre for Arts & Technology organization brought in local artist JoAnn Napier-Chiasson to share stories about Desmond and help on the technical side of the project.

Sampson said the mural will hopefully hang in the school's main foyer.





Winston warms up for winter

A scarf appears around the iconic statue of Winston Churchill on Spring Garden Road in front of the Halifax library on Monday. The attire choice is fitting with the cold temperatures the city has been enduring the past couple of days. JEFF HARPER/METRO

Jill Officer's family curls fingers for gold

The Jones team. Nova Scotia connection to Canada's unbeaten curling team in Sochi



Devlin Hinchey, a native of New Waterford, and his wife, Jill Officer, second on the Canadian women's curling team. CONTRIBUTED

Devlin Hinchey has watched his wife play in many high-profile events, but nothing will likely top seeing her on the ice going for gold at the Olympics.

The New Waterford native is married to Jill Officer, the second on the Jennifer Jones-skipped team representing Canada in women's curling at the 2014 Winter Olympics in Sochi, Russia. Third Kaitlyn Lawes and lead Dawn McEwen round out the Manitoba-based team, which is making its first Olympic appearance.

"Because the Olympics only come around once every four years and this is their ultimate goal and what they're going for, this is by far the biggest test for them," said Hinchey by phone Sunday. "As much as I want them to win the gold, obviously, I just want them to have good games and play well and then just let the chips fall how they may."

With numerous provincial and national titles, as well as a world championship to her name, Officer has accomplished plenty in her curling career and Hinchey has been along for the ride for much of the last decade. The two married in 2008 and have a two-year-old daughter, Camryn.

While in Sochi, Officer and her teammates are staying in the athletes village, and Hinchey and other family members there to support the Jones team are staying in other accommodations.

"One of the better things that we can do for them is to let them know that we're okay and we're doing our own thing, that we're happy and having fun, and that helps them to relax," said Hinchey, noting the team did take a bit of a break Sunday night to attend the Canada versus Finland men's hockey game with family members.

Overall, he said his time in Russia has been wonderful.

"We're having a great time, it's really busy, but we're having a fantastic experience here," he said.

CAPE BRETON POST

Quoted

"The atmosphere is really more than I would have expected. Just being at the Olympics itself is incredible, being around so many Canadian fans."

Devlin Hinchey, married to Jill Officer, the second on the Jennifer Jones-skipped team representing Canada in women's curling at the 2014 Winter Olympics

Endangered whale meat shipped through Canada

Canada's trade laws involving at-risk species are being called into question after meat of the endangered fin whale was recently shipped through the country, sparking outcry from environmentalists.

Greenpeace Canada is urging Ottawa to implement stronger measures after it says fin whale meat arrived in Halifax from Iceland about three weeks ago and was transported by train across the country en route to Japan.

"This isn't something we heard anything about before," Sarah King, oceans campaign co-ordinator for Greenpeace, said Monday from Fredericton.

"To think that they shipped not only to a Canadian port but then by rail across Canada was definitely an eye-opener."

Canada is a signatory of the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), which includes the fin whale in a list of the most endangered species. The fin whale is also listed as a special concern under the federal Species at Risk Act.

Environment Canada declined an interview request. But in an email, it said it inspected the shipment and had to allow it to proceed since Iceland and Japan did not agree to the listing of the fin whale under the convention. THE CANADIAN PRESS

Five Islands

Family loses all belongings in blaze

Three people escaped without injury after a house was destroyed by fire in Five Islands on Monday morning. A mother, her 15-year-old son and 12-year-old daughter were renting the home and lost everything they owned in fire. The Canadian Red Cross is assisting the family with emergency purchases like clothing, food, blankets and personal-care items. METRO

Missing. Police trying to locate Halifax woman

Police are asking for the public's help locating a missing 26-year-old woman from Halifax.

Loretta Saunders was reported missing to police on Monday after she was last seen on Thursday. She was in contact with friends through online messaging on Friday, but nothing since with either family or friends.

She is described five-foot-seven, 120 pounds with light brown straight hair. She is believed to be driving a blue 2000 Toyota Celica with the Newfoundland and Labrador license plate of HCP 543. The car is said to have a loud muffler with a spoiler on the back.



Loretta Saunders CONTRIBUTED

Anyone with information is asked to contact police at 490-5016. METRO

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Students trapped, killed after roof collapses in South Korea

Investigation continues. Recent heavy snowfall contributed to disaster at freshmen ceremony attended by over 500

The roof of a resort auditorium collapsed during a welcoming ceremony for South Korean university freshmen, killing nine and likely trapping about 10, officials said Monday.

The dead included seven students and an adult; officials weren't sure if the ninth victim was a student. About 80 people were sent to hospitals with minor injuries, according to officials at the state-run National Emergency Management Agency.

Recent heavy snow, sleet and icy roads hampered rescue operations after the roof's collapse. Emergency staff worked to pry students from beneath twisted metal and rushed the injured on stretchers to waiting ambulances. Officials initially estimated that 17 people were seriously injured but later said the injuries weren't severe.

South Korean media reported that the heavy snowfall was believed to have resulted in the collapse, but the cause was still being investigated.

About 560 students from Busan University of Foreign Studies had been scheduled to attend a two-day freshman orientation at the Manua Ocean Resort in the southeastern city of Gyeongju and were in the auditorium when the roof collapsed, the officials said. An official had earlier incorrectly said there were a total of 1,000 students at the resort.

Many of the students managed to get out of the building by themselves, officials said.

THE ASSOCIATED PRESS



A woman trapped in the rubble of a collapsed resort building waits to be rescued in Gyeongju, South Korea, Monday. South Korean police and news reports say dozens of university students were feared trapped after a building's roof collapsed because of recent heavy snowfall. LEE SANG-HYUN/YONHAP/THE ASSOCIATED PRESS

Co-pilot hijacks own flight, asks Swiss for asylum



Police stand on the stairs after passengers were evacuated from a hijacked Ethiopian Airlines plane at a Geneva, Switzerland, airport on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling. Only then did the passengers — bound for Italy from Addis Ababa — realize something was terribly wrong.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a prison cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door. Another said he was terrified "for hours" Monday as the plane careened across the sky.

The jetliner carrying 200 passengers and crew took off from the Ethiopian capital on a flight to Milan and then Rome, but sent a distress message over Sudan that it had been hijacked, an Ethiopian official said. Once the plane was over Europe, two Italian fighter jets and later French jets were scrambled to accompany it.

The plane landed in Geneva at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody after surrendering to Swiss police.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon told reporters. He "wanted asylum in Switzerland."

The co-pilot was identified as Hailemedhin Abera, a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition. Geneva police said he claimed he felt threatened at home.

THE ASSOCIATED PRESS



'Freedom to panties!'

Many don't cotton to Russian ban on lacy underwear

A trade ban on lacy lingerie has Russian consumers' knickers in a twist.

The ban will outlaw any underwear containing less than six per cent cotton from being imported, made or sold in Russia, Belarus and Kazakhstan, and has struck a chord in societies where Victoria's Secret is panty paradise compared to Soviet-era cotton undies.

On Sunday, 30 women protesters in Kazakhstan were arrested and thrown into police vans while wearing lace underwear on their heads and shouting "Freedom to panties!"

The ban in those three countries was first outlined in 2010 by the Eurasian Economic Commission, which regulates the customs union, and it won't go into effect until July 1. But a consumer outcry against it is already reaching a fever pitch.

THE ASSOCIATED PRESS

Study

Saliva may help predict boys' depression risk

A saliva test for teenage boys with mild symptoms of depression could help identify those who will later develop major depression, a new study says.

Researchers measured the stress hormone cortisol in teenage boys and found that ones with high levels coupled with mild depression symptoms were up to 14 times more likely to suffer clinical depression later in life.

The test was tried on teenage boys and girls, but found to be most effective with boys.

About one in six people suffer from clinical depression at some point in their lives, and most mental health disorders start before age 24. There is currently no biological test to spot depression.

"This is the emergence of a new way of looking at mental illness," Joe Herbert of the University of Cambridge and one of the study authors said at a news conference on Monday.

THE ASSOCIATED PRESS

Hard work still ahead in nuclear talks

Iran. Final accord may prove difficult to reach as both sides sit down in Vienna on Tuesday

It took months of arduous bargaining before Iran and six world powers could agree on a first-step nuclear deal. But the two sides may find the going even tougher Tuesday, when they start to confront hurdles standing in the path of a final accord.

Tehran denies Western accusations that it wants — or worked on — nuclear arms. But on Nov. 24 it agreed to initial curbs on uranium enrichment — which can serve at different levels as the core of nuclear arms or reactor fuel — in exchange for some easing of the sanctions choking its economy.

In effect for six months, the deal is meant to lead to a final accord that minimizes any potential Iranian nuclear weapons threat in return for a full lifting of sanctions.

But as the sides begin haggling over the final pact in Vienna, Gary Samore, who helped the U.S. negotiate with Iran until last year, describes the interim deal as "simply a truce," with the hard work still ahead.

Ayatollah Ali Khamenei, Iran's supreme leader, is even more pessimistic.

Accusing the Americans of approaching the talks in bad faith, he urged Iranian envoys on Monday to do their best but said the negotiations "will lead nowhere."

The interim accord says a final deal would leave Iran with an "enrichment program with practical limits and transparency measures" to ensure its peaceful nature. That means haggling over the number of centrifuges, the machines that enrich uranium to high-tech applications ranging from reactor fuel to use in nuclear bombs. THE ASSOCIATED PRESS

Centrifuges

According to Samore, the U.S. fears that Iran's 20,000 centrifuges could give Iran the capacity to produce enough weapons-grade enriched uranium to pose a threat within a few months.

N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a year-long investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by forces under the commander's effective command and control," Kirby wrote.

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court. THE ASSOCIATED PRESS

LGBTQ activist detained in Sochi



Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia, Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both English and Russian.

Luxuria earlier said she was detained on Sunday evening by Russian police who told her she should not wear clothes with slogans supporting gay rights. Police denied detaining her.

On Monday, the Italian activist walked around the Olympic Park with a group of journalists, attracting onlookers. Some Russian fans stopped to pose for photos with her.

Luxuria and her colorful outfit did not attract much negative reaction except for a group of young Russian men who shouted to television cameras in broken English: "Trans not good."

Luxuria arrived at a ticket inspection barrier at the hockey arena just before an evening game was due to begin. She passed through the barrier and was being given directions to her seat when four men who were not wearing any identification surrounded her and started shouting "take her away." They then led her out of the venue and to the parking lot.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained. THE ASSOCIATED PRESS

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All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent



MIKE DONACHIE
Metro in London, Ont.

Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London, Ont., are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness co-ordinator.

Last week, with help from the City of London's Hire One campaign the video game company's office in southwestern Ontario added Jacqueline Malison to its staff. It's her job to make everyone happy and, with 50 staff to smile for, it's a big task. "One of our primary values here at Big Viking is to create fun at work and have happy employees," said company co-founder Greg Thomson.



Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London, Ont. CONTRIBUTED

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings.

The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness co-ordinator is there to, well, co-ordinate all that happiness.

She organizes events and comes up with ideas.

So far, everyone's, ahem, happy with having a few smiles while hard at work.



Rail industry on track to study risk of carrying oil

At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at risks posed by trains that carry hazardous liquids throughout North America. THE ASSOCIATED PRESS FILE

Plans to perk up

Tim Hortons rrrolls up financial results later this week

A refreshed vision for Tim Hortons begins to take shape this week as the company releases details on its financial results, and how it plans to remain innovative in the highly competitive Canadian coffee market.

The chain will reveal the strategy in two stages, starting on Thursday with its year-end financial results.

THE CANADIAN PRESS

Public hearings

All aboard for high-speed trains in New York state?

New York transportation officials are setting up public hearings to discuss options for an idea that has been kicked around for years but has yet to leave the station: high-speed passenger rail service.

THE ASSOCIATED PRESS



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ESTHETICS OVER ATHLETICS



SHE SAYS

Jessica Napier
metronews.ca

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the INBF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it is.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead or lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!



ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

Budding Bundeswehr recruits?

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.



The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait



IRENE KUAN
Metro Online



Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free. This is where Massive Online Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.

Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.
Stuart Rudolph, posted to metronews.ca

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SCENE 2

DVD review



On the Job

Director. Erik Matti

Stars. Piolo Pascual, Gerald Anderson, Joel Torre

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of A Prophet or Donnie Brasco or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in The French Connection. Extras include deleted scenes and a making-of featurette. PETER HOWELL

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life.
Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary



Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary The Lady in Number 6: Music Saved My Life, which was made by a Canadian crew. KIERAN CRILLY /THE CANADIAN PRESS

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary The Lady in Number 6: Music Saved My Life. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for You Don't Have to Die, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material," said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for Prisoner of Paradise, which chronicled Kurt Gerron, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind.

"I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that . . . we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. "I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "high-falutin," he says The Lady in Number 6 is about the indomitability of the human spirit.
THE CANADIAN PRESS

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of The Lady in Number 6: Music Saved My Life

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



John Krasinski and Emily Blunt ALL PHOTOS GETTY IMAGES

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I are so incredibly happy to welcome our daughter Hazel into the world today," the former Office star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

The Word

Taylor's fall for Gyllenhaal was all too Swift



The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song The Moment I Knew chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) Red." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."



J.K. Rowling

New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

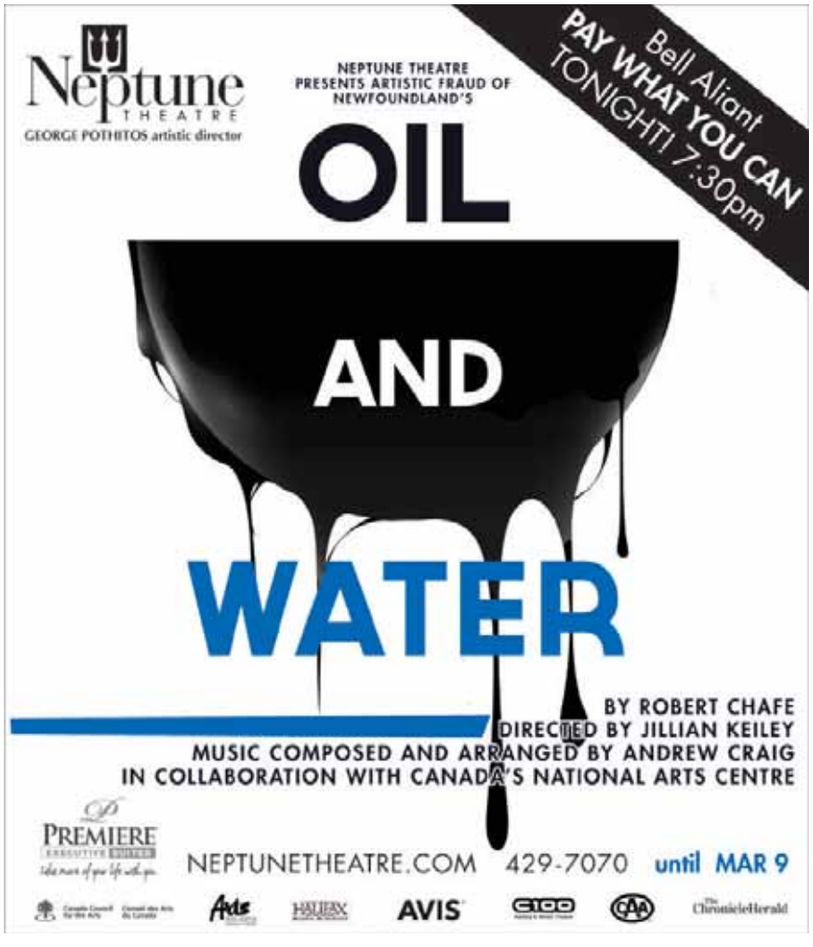
Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The Silkworm sees the return of detective Cormoran Strike, the ex-soldier hero introduced in The Cuckoo's Calling. In the new book, Strike investigates the disappearance of a novelist who has written a book that features scathing descriptions of real people.

The Cuckoo's Calling initially attracted little notice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The Silkworm will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS





LIFE 3

Want to be happier? Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

GABBY BERNSTEIN
Metro World News in New York City



Paying attention to how you breathe will help to shift your mood. ISTOCK

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is driving you nuts. Whatever the case, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.
All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.

Turn your mood upside down.
One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.
The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

For your phone

Jabra Sport Wireless+ (iPhone/Android) 4 Stars/ $99.95



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Adjust the shape of these wireless earbuds and you can comfortably lock them to your ears for tangle-free exercising.

They include an FM radio, can answer phone calls, and although not fitness trackers themselves, can connect to apps that are.



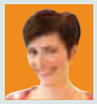
Half-Off

Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.

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A can away from healthy choices



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Hey Chickie! If you have yet to discovered the delicious benefits of chickpeas, we can't be friends.

A can costs a buck-20, feeds four, adds all kinds of tastes and brings bags full of benefits to the table.

• One study showed that a mere half a cup of beans or chickpeas can reduce peripheral artery disease. The arteries in the periphery of your body (legs and limbs) can clog up long before your heart does and are a good indication of your general circulation.

• Chickpeas are high in protein and have adequate carbs as well as fibre to keep you feeling full without animal protein. Just about every study says that the reduction of animal protein and leaning toward the bean-rich Mediterranean diet is the healthiest way to go.

• Chickpeas and other beans bring high phenolic content to combat the wear and tear on cells.

It isn't hard to open a can, drain and add to salad or soups to instantly boost the nutrients and taste.

Chickpeas are the main ingredient in hummus, and in kitchens around the world beans whole are added to stews or ground into high protein, gluten-free flour. What have you got to lose?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Cheat your way to Chana

THERESA ALBERT
myfriendinfood.com

There is no way I would disgrace the ancient art of Indian cooking and call this a true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty as heck and a crowd-pleaser. A simple side of sautéed spinach and an extra bottle of beer is all you need to make this weeknight meal a true treat.



This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes

1. Warm a large skillet or wok over medium high heat and add butter.

2. Slice onion and add, allow to brown.

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10 minutes.

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SPORTS 4

Huskies finding their groove for playoffs

AUS men's hockey. Saint Mary's knows its in tough against quarter-final opponent



ANDREW RANKIN
andrew.rankin@metronews.ca

Lucas Bloodoff is heading into the playoffs looking partly to prove something to himself.

The Saint Mary's Huskies captain and reigning CIS player of the year admits that by his standards, he's had a sub-par year.



Lucas Bloodoff
SAINT MARY'S

Far from a disastrous campaign, Bloodoff has put together a solid season, scoring 11 goals along with 12 assists in 27 games.

But, along with his teammates, the fourth-year Huskies forward has battled inconsistency and as a consequence his confidence has been rattled on occasion.

"Every year is different and there are different obstacles to face," said Bloodoff. "Sometimes when you get hot you get your confidence going; I had a tough time finding it this year, for whatever reason."

That's the nature of hockey, and entering the playoffs it's a whole new season for Bloodoff and Co., who are set to square off against the 17-11 Prince Edward Island Panthers in a best-of-three Atlantic University Sport men's hockey quarter-final series starting on Wednesday in Charlottetown.

The Huskies finished the season in fifth place with a record of 14-14.

If momentum counts here, they've ended their campaign with decisive victories, topping the Panthers 5-2 on Friday, and Saturday's decisive 6-1 win over the St. Thomas Tommies.

Facing a P.E.I. squad stacked with talented forwards, great goaltending and sound puck-moving defencemen, the Huskies know they must be firing on all cylinders.

That's something they haven't done enough of.

"At times we play such good hockey," added Bloodoff. "There are times where we've fallen asleep a little bit. We have to play 60-minute games."

Through it all, coach Trevor Stienburg has admired his team's resilience.

"Even throughout this adversity and the pressure they've put themselves under, they've stayed pretty tight as a group," said Stienburg. "They stuck together and worked through some of their issues."

He knows his squad will have its hands full, but Canada's reigning university hockey coach of the year has no doubt his troops have what it takes to come out on top.

"When you have a good group of guys, and I'm not saying you don't have to be lucky, everybody needs some breaks, but we haven't had our fair share this year," said Stienburg. "Let's hope that they fall in line in the playoffs because I certainly believe that man for man we can be a very successful team."



Steven Beyers, right, of the Saint Mary's Huskies, gets around the Dalhousie Tigers' Ben Gervais during a game earlier this season at the Halifax Forum. JEFF HARPER/METRO

Quarter-final schedule

Quarter-final series #1: UPEI (4) vs. Saint Mary's (5)

- **Game 1:** Wednesday at UPEI, 7 p.m.
- **Game 2:** Friday at Saint Mary's, 7 p.m.
- **Game 3:** Sunday at UP.E.I., 7 p.m. (if necessary)

Quarter-final series #2: Moncton Aigles Bleus (3) vs. St. Francis Xavier (6)

- **Game 1:** Wednesday, St. F.X. at Moncton, 7 p.m.
- **Game 2:** Friday, Moncton at St. F.X., 7 p.m.
- **Game 3:** Sunday, St. F.X. at Moncton, 7 p.m. (if necessary)

*** First-place New Brunswick, Acadia have quarter-final byes**

NBL Canada

Rainmen top Miracles for second straight win

The Halifax Rainmen got another team effort at the Moncton Coliseum on Monday night, and were rewarded with a 99-89 victory over the Moncton Miracles.

Coming off a come-from-behind victory against the Saint John Mill Rats on Saturday, the Rainmen showed up on the road ready to battle. The Rainmen were at the top of their game to start the second half, outscoring Moncton by 14 points in the third quarter to take an insurmountable 74-56 lead into the final quarter.

Five Rainmen reached double digits in scoring, led by Olumuyiwa Famutimi's 20 points. Tim Parham had 18 points and 16 rebounds while Jason Williams also registered a double-double with 18 points and 12 boards.

With the win, the Rainmen move out of last place in league standings for the first time this season with a record of 9-26. METRO



Nikolaj Ehlers METRO

QMJHL. Mooseheads' Ehlers named league's second star of the week

A six-point week earned Halifax Mooseheads rookie Nikolaj Ehlers QMJHL second star of the week honours on Monday.

In three games last week the Mooseheads' leading goal scorer registered three goals and three assists, and in the process broke out of a four-game goalless drought. The 18-year-old forward also maintained a plus-seven rating in all three of the Herd's victories. Ehlers currently leads all Q rookies in scoring with 77 points in 53 games.

Olivier Archambault of the Quebec Remparts captured first-star honours, while Baie-Comeau Drakkar forward Valentin Zykov was awarded the third star. METRO

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Men's hockey

Russians protest disallowed goal

After a heated U.S.-Russia hockey match at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest a referee's call disallowing a Russian goal in the match that Russia ultimately lost in a penalty shootout.

The protesters, organized by the Kremlin party's youth group, donned Russian hockey jerseys and shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans.

THE ASSOCIATED PRESS

Biathlon, snowboarding

Thick mountain fog delays events

Thick fog lingering over the mountains Monday caused the biggest weather disruptions of the Sochi Olympics so far, with a biathlon race and a snowboard event both postponed until Tuesday.

The fog rolled in over the mountains in Krasnaya Polyana on Sunday night and was still shrouding some of the Olympic skiing venues in a cloud-like mist by late Monday afternoon. That prompted organizers to call off the men's biathlon mass-start race and men's snowboardcross almost simultaneously.

THE ASSOCIATED PRESS

Ski jump

Austria's gold streak stopped cold by Germany

Germany took the lead with one group to go and edged Austria to win the Olympic ski jumping team gold medal on the large hill Monday at the Sochi Games.

The victory ended Austria's lengthy winning streak in the event. It had won gold in the last two Olympics and hadn't lost a team large hill competition since the 2005 world championships.

Canada finished last in the event. THE ASSOCIATED PRESS/THE CANADIAN PRESS

Virtue, Moir take silver in curtain call



Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals



Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well.

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont., trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That program was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS

Quoted

"That program was our baby and it's special for us to perform it for the last time." Scott Moir

Dominating the field

Two-pair competition

Virtue and Moir — two-time world champions — train with Davis and White in Canton, Mich., and share a coach in Russian Marina Zoueva.

Between them, the two North American teams have captured every international ice dance title since Virtue and Moir won Olympic gold four years ago in Vancouver.

The results have swung in the Americans' favour over the last year, however, with Davis and White winning the 2013 world title and the Grand Prix Final in December.

Cup appearance at Olympics causes a stir



Patrick Chan poses for a photo with the Stanley Cup in Sochi, Russia, on Monday. THE CANADIAN PRESS

Canadian Olympians Mellisa Hollingsworth and Danielle Wotherspoon-Gregg were hanging out in the athletes village Monday when they heard the Stanley Cup would be at Canada Olympic House.

Hollingsworth, a skeleton racer, and Wotherspoon-Gregg, a long-track speedskater, figured why not go and take a picture with one of the most famous trophies in sports. Like many of the athletes who went to see the Cup, they'll never compete for it, yet it still holds a special meaning to them.

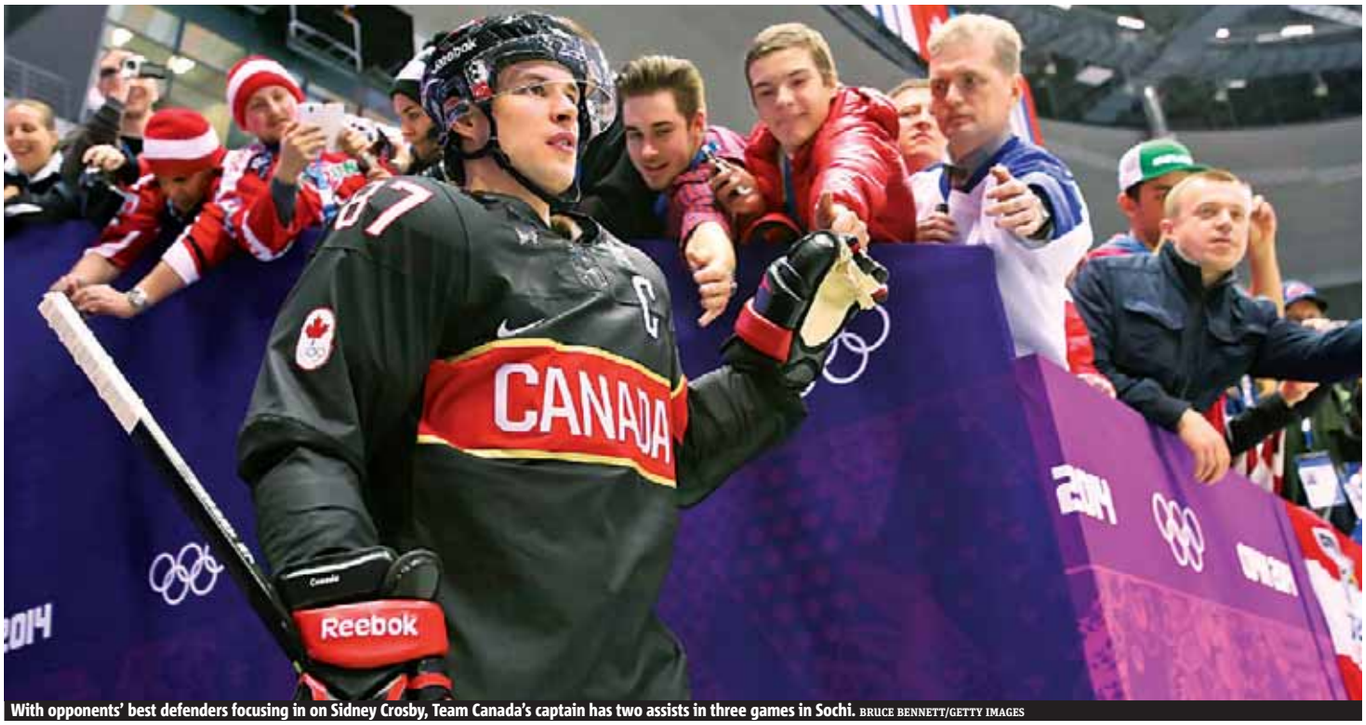
"It is a symbolism of sport and greatness for Canada, really," Hollingsworth said. "It doesn't matter if you're an athlete or what career path you're down. This is something that symbolizes Canada and our culture."

On Monday, while athletes from various sports were enjoying their hour with the Cup, its appearance at Canada Olympic House became a lightning rod for criticism.

"Why is the Stanley Cup at Canada House in Sochi?" former Canadian Olympic skier Brian Stemmle wrote on Twitter. "Other athletes don't bring their trophies. Hate when hockey tries to overshadow other sports."

The athletes at Canada Olympic House didn't seem to see it that way as figure skater Patrick Chan, speedskater Brittany Schussler, skeleton racer Eric Neilson and some of the Canadian curlers were among those to have their picture taken with the Cup.

But Stemmle's comments, which led to more criticism on social media, highlighted the debate over whether NHL players should be at the Olympics, and whether their presence takes away from athletes in other sports. THE CANADIAN PRESS



With opponents' best defenders focusing in on Sidney Crosby, Team Canada's captain has two assists in three games in Sochi. BRUCE BENNETT/GETTY IMAGES

Team Canada worried about sagging Sidney?

Nah. Crosby's Sochi contribution goes beyond the scoresheet, Toews, Babcock say

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions on the ice are ignored.

"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that attention, a lot of that pressure towards himself, and it creates a lot of room and a lot of breathing room and space for other guys to go out and create offence."

In other words, Canada shouldn't panic about Crosby.

Coach Mike Babcock, who said in August it was important to get Crosby going but that "he's just part of the team, too" understands the star centre's role on this team goes beyond just filling up the score sheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on winning," Babcock said Sunday night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his performance. He and his bevy of linemates had more chances against Norway and Austria than against the more-talented Finns, but that was expected as the talent level increased.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence, create chances, and obviously put the puck in the net."

The last time Crosby put the puck in the net at the Olympics, he won Canada the gold medal.

THE CANADIAN PRESS

What we've learned so far



Serious stoppers

Say all you want about Canada's lack of offence, especially from some highly skilled forwards, but as well as Finland defended, the same thing happened on the other end. The big ice may be a challenge to get to the middle for players accustomed to NHL-sized rinks, but they have adjusted fine defensively. Coach Mike Babcock estimated his team gave up only five scoring chances against Finland while getting 18. That's a dominant effort

Price check

The one negative about Canada limiting Finland's scoring chances was that the final preliminary-round game didn't provide any more evidence about how Carey Price can handle Olympic pressure. Neither him nor Roberto Luongo got tested against Norway or Austria, and facing the team with the most goals in Sochi figured to mean something. Instead Price only had to make a handful of difficult saves, and there was not much Price could do on the one goal he allowed.





Drew da man

In scoring both of Canada's goals, including the overtime winner, defenceman Drew Doughty continued to be one of the stars of these Olympics. Doughty has four goals through three games, tied with U.S. forward Phil Kessel for second-most in the tournament. But it's how Doughty keeps scoring that matters. Doughty has taken the opportunity to activate deeper into the offensive zone and make plays.

Pavel Datsyuk

'Magic Man' keeping cards close to his chest

Pavel Datsyuk wants to play, not talk.

With Russia only one loss from being eliminated from the Olympic hockey tournament — a setback that would crush the spirits of millions of people — Datsyuk wasn't in the mood Monday for any chit-chat.

The third-seeded Russians play 12th-seeded Norway on Tuesday in the qualification round. If they avoid a stunning upset, Finland awaits in the quarter-finals.

"It doesn't matter who we play against," Datsyuk said Sunday.

THE ASSOCIATED PRESS

Team Russia

'He's OK': Coach says Kovalchuk just resting

Ilya Kovalchuk was not on the ice for Russia's final practice before the qualification round, and his coach insisted the superstar forward is not injured.

"He's OK," Russian hockey coach Zinetula Bilyaletdinov said Monday. "Just a rest."

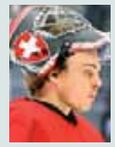
Kovalchuk missed the final minutes of the second period in Sunday's win over Slovakia after appearing to hurt his right ankle.

Bilyaletdinov said, "he's OK," when asked if Kovalchuk has an ankle injury.

"He doesn't have problem," Bilyaletdinov said.

THE ASSOCIATED PRESS

Upset potential



"I think Swiss hockey is definitely going in the right direction, and it's been going that way for a while. We're a team that's going to be tough for anybody, but only if we play our style."

Switzerland goalie Jonas Hiller. The Swiss have allowed just one goal in three games in Sochi heading into their qualification-round meeting with Latvia on Tuesday. The winner faces Canada in the quarter-final.

Canada to battle U.S. for the gold

Hockey. Women's superpowers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done.

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS



Canada's Natalie Spooner celebrates a goal against Switzerland during Monday's 3-1 victory. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Hockey

USA Hockey tweets early bird anthem

The U.S. women's hockey team has come up with a clever way to attract fans back home to watch its games live — hashtagging the second line of the American national anthem.

The #DawnsEarlyLight hashtag is reminding fans in the United States to wake up early to watch their team. A USA Hockey staffer came up with the idea, playing off the lyrics: "By the dawn's early light."

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MEDALS

Through Monday's Events (60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	**4**	**7**	**4**	**15**
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton), sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont.), seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the **silver medal** with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont., fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	**7**	**2**
x-China(Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth
t — advance to tiebreaker

Monday's results
China 6 Britain 5
Denmark 5 Norway 3
Russia 8 Germany 7
Switzerland 6 United States 3
End of Round Robin
Tuesday's game — Tiebreaker
Norway vs. Britain, 12 a.m.
Wednesday's games — Semifinals
Sweden vs. Norway-Britain winner, 10 a.m.
Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada (J.Jones)	**9**	**0**
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5
South Korea (Kim)	3	6
Russia (Sidorova)	3	6
United States (Brown)	1	8

x — clinched semifinal berth
Monday's results
Britain 9 Russia 6
Japan 8 China 5
South Korea 11 United States 2
Switzerland 10 China 6
Canada 9 South Korea 4
Denmark 8 Britain 7
Sweden 8 Japan 4
End of Round Robin
Tuesday's games — No Games Scheduled.
Wednesday's games — Semifinals
Canada vs. Britain, 5 a.m.
Sweden vs. Switzerland, 5 a.m.

HOCKEY

All Times Eastern

MEN'S PLAYOFFS
Tuesday's games
Qualification Round
Slovenia vs. Austria, 3 a.m.
Russia vs. Norway, 7:30 a.m.
Czech Republic vs. Slovakia, Noon
Switzerland vs. Latvia, Noon
Wednesday's games
Quarter-finals
Sweden vs. Slovenia-Austria winner, 3 a.m.
Finland vs. Russia-Norway winner, 7:30 a.m.
Canada vs. Switzerland-Latvia winner, 12 p.m.
U.S. vs. Czech Republic-Slovakia winner, 12 p.m

WOMEN'S PLAYOFFS
Monday's results
Semifinals
Canada 3 Switzerland 1
U.S. 6 Sweden 1
Sunday's results
Qualifications
(Fifth-Eighth places)
Finland 2 Germany 1
Russia 6 Japan 3
Tuesday's games
Seventh Place
Germany vs. Japan, 3 a.m.
Fifth Place
Finland vs. Russia, 7:30 a.m.
Thursday's games
Bronze Medal
Sweden vs. Switzerland, 7 a.m.
Gold Medal
Canada vs. U.S., 12 p.m.





Jennifer Jones reacts during a match between Canada and the U.S. on Sunday at Ice Cube Curling Center in Sochi. LARS BARON/GETTY IMAGES

Undefeated Jones two wins away from Olympic gold

Women's curling. Skip to continue record-breaking hunt for first gold since '98 on Wednesday vs. Britain

Jennifer Jones' Olympic experience has been, well, perfect.

"It's been everything we expected and then some," the Winnipeg skip said. "It's blown my dreams out of the water.

"We've gone to events, we've had fun, we've soaked up the experience, we've met the other athletes, we've cheered on our other teammates. We've laughed, we've loved everything absolutely possible, done everything with the Olympics. I don't want it to end, we don't want it to end."

Jones, lead Dawn McEwen, second Jill Officer and third Kaitlyn Lawes have also won nine games in a row, making history in the process.

They dispatched South Korea 9-4 Monday to become the first women's team to go through an Olympic round-robin campaign undefeated.

"Just to be at the Olympics is amazing," said Jones. "And to go into the record books is pretty awesome.

"We'll take that one, but at the end of the day we want to be on the podium so that's definitely the goal."

Canada's Kevin Martin, who did it four years ago in Vancouver, is the only other curler to go through the preliminary round undefeated.

"The job is certainly not done yet but I'm super proud of our team for being able to do that, in a field that we thought coming in was one of the toughest fields," said Officer.

Canada will face Britain (5-4) while Sweden (7-2) takes on Switzerland (5-4) in Wednesday's semifinals.

"Now you start fresh," said Jones. "And everyone's on an even record."

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Turning the tide

While Jones' curling trophy case is filled, she has had to wait a long time to experience the Olympics.

- She failed to secure an Olympic berth in both 2006 and 2010. Shannon Kleibrink won bronze in 2006 while Cheryl Bernard earned silver in 2010.

Pressure on Canadian skip Jacobs to continue tradition of success

After six straight wins, Brad Jacobs' rink is on a roll leading into Wednesday's Olympic curling semifinal against China.

But the Canadian skip acknowledges it has been a difficult journey.

"There's a little struggle, I think, coming here," Jacobs said Monday after a short practice session at the Ice Cube Curling Center. "As much as we like to think that it didn't have an effect on us, I think it did — just the enormity of the event.

"You check social media, you check any type of other media and people, all of your supporters even, saying, 'Bring home the gold.' You hear the word gold, gold, gold all the time. It makes you get ahead of yourself a little bit and until you come and you lose a few games, then you realize, 'OK, we need to just get back to the basics and stay in the present and make one shot at a time here."'

Canada is the two-time defending men's Olympic curling champion. Edmonton's Kevin Martin won gold in 2010 in Vancouver, while Brad Gushue of St. John's, N.L., was victorious at the 2006 Turin Games.

The men's and women's hockey teams are probably the only other Canadians under the same pressure as the curlers to win it all here.

Adding to the Canadian expectations is the fact that Jacobs' rink from Sault Ste. Marie, Ont., went through the Olympic trials undefeated.

But there was a rocky opening in Russia with a win over Germany followed by back-to-back losses to Sweden and Switzerland. The Canadians regrouped and reeled off six straight wins to finish with a 7-2 record.

China (7-2) defeated Britain 6-5 earlier Monday to consign the British to a tiebreaker with Norway on Tuesday to determine who faces Sweden (8-1) in the other semifinal Wednesday. Norway, which lost 5-3 to Denmark, and Britain both finished the round robin at 5-4.

Canada beat China 9-8 in an extra end Sunday.

"It's going to be a tough battle," said Canadian second E.J. Harnden. "Probably very similar to the game we had against them last night. And we'll have to be a little bit sharper. We gave them a few breaks early on and then they came and gave those back to us later in the game."

A Sweden-Canada final matchup would be a repeat of last year's world championship final won by Sweden.

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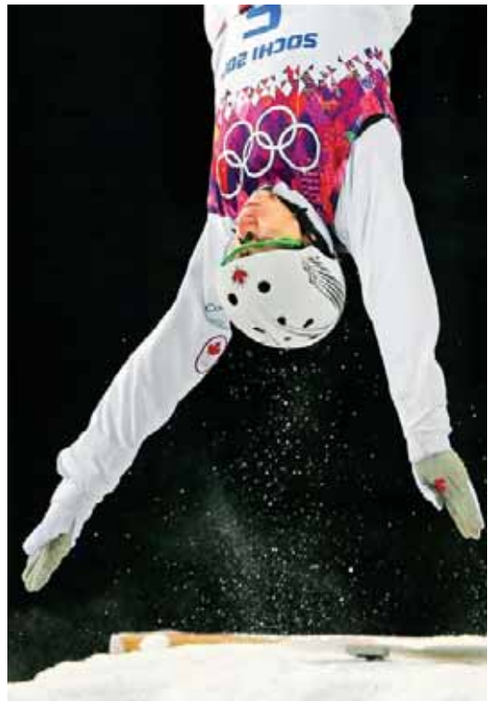


Team Canada skip Brad Jacobs says early struggles at the Olympics have allowed his rink to focus. ADRIAN WYLD/THE CANADIAN PRESS

Finding a way

"Every game has been a grind for us. But that's fine. We're kind of known for being the team that goes out and grinds wins out. So it's back to that for us."

Canadian skip Brad Jacobs, on the level of Olympic competition.



Ontario's Gerrits left hanging

Canada's Travis Gerrits jumps during men's freestyle skiing aerials at Rosa Khutor Extreme Park on Monday in Sochi. The Milton, Ont., native failed to make the final and settled for a seventh-place finish after scoring 111.95. Anton Kushnir stuck a near-perfect landing on his five-twisting jump in the finals Monday to make it 2-for-2 at the Sochi Games for his country, winning the gold medal three nights after Alla Tsuper took gold for Belarus in the women's contest. SERGEI GRITS/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't agree to something just because you cannot be bothered to argue. If you take the easy way out now you will have major problems later on when loved ones and work colleagues hold you to your promises.

♉ Taurus
April 21 - May 21
As the Sun moves into in the area of your chart that governs your hopes and wishes, your dreams and aspirations, you cannot help but raise your sights and aim for something better in life.

♊ Gemini
May 22 - June 21
Carry a notepad with you at all times and be ready to write down any ideas that come into your mind. Your brain is always on the go but soon you will be inspired where career insights are concerned.

♋ Cancer
June 22 - July 23
Don't waste time telling the world what you are going to do — just get on and do it and show you can walk the walk as well as talk the talk.

♌ Leo
July 24 - Aug. 23
You cannot afford to back down today. The planets warn if you give ground once you will be expected to give ground again and soon you will be in full retreat. Leos are stubborn, so dig in your heels.

♍ Virgo
Aug. 24 - Sept. 23
You will feel an attraction for someone who is as different to you as chalk is to cheese and it could be the start of a beautiful friendship – or more. Opposites often match.

♎ Libra
Sept. 24 - Oct. 23
If you find that you are lacking in energy today resist the urge to push yourself even harder. Now that the Sun is moving through the wellbeing area of your chart you must pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun spends the next few weeks transiting the most dynamic and creative area of your chart, so set your sights high and don't think for a moment that you can't reach the top.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will surprise you today with what amounts to an outrageous ultimatum. Surprise them back by telling them in no uncertain language what they can do with their demands.

♑ Capricorn
Dec. 22 - Jan. 20
Visit places that excite you and visit people who inspire you. Social activities of all kinds are under excellent stars, as is travel, so hit the road and don't look back.

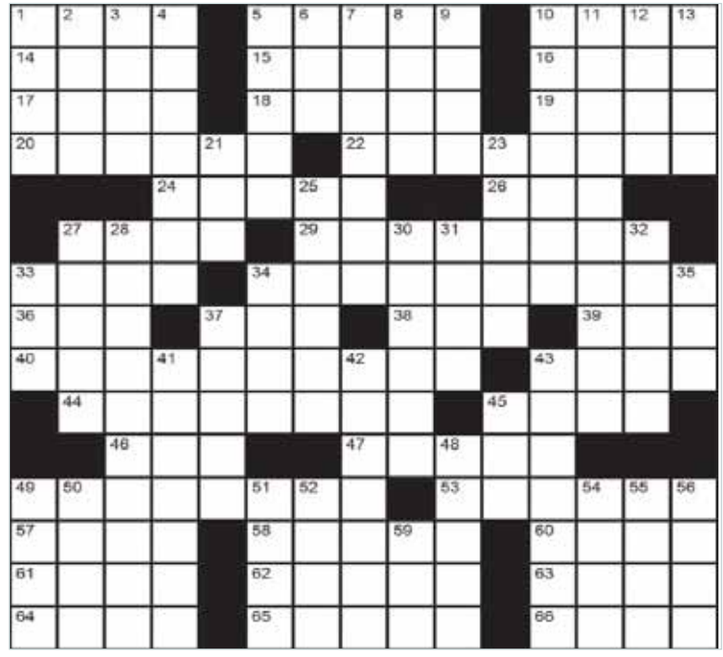
♒ Aquarius
Jan. 21 - Feb. 19
People you trust will be happy to help you out with advice today and you will probably need it where money matters are concerned.

♓ Pisces
Feb. 20 - March 20
The Sun moves into your sign today and even if your birthday you should go out and celebrate. The next few weeks will be extra special, so start making plans and believe, that your dreams will come true. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

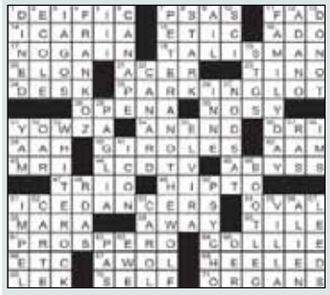
BY KELLY ANN BUCHANAN



Across
1. Half, in Hull
5. Chocolate substitute
10. Terrestrial stage newts
14. With, in Montreal
15. Plant source of tequila
16. "There ought to be _ __ against that!"
17. Give out
18. Resin in varnish
19. Chinook salmon
20. "Survivor" host Jeff
22. Can be united, as opposed to being a foe
24. Mineral water brand
26. Farm enclosure
27. Nylons shade
29. Shirtsleeve jewellery
33. Unforeseen complication
34. Matters of more importance
36. __ and yang
37. SOCHI 2014 - Abbr. for Zagreb's land
38. Sass
39. Miracle-__ (Plant food brand)
40. Russian souvenir, __ doll (Nesting doll)
43. Leg part
44. SOCHI 2014 - Western __ Mountains
45. Objections
46. Puny, puny-ly
47. Vacuum cleaners brand
49. Missed calls 'game': 2 wds.
53. __ Valley, in western Newfoundland
57. "I never promised __ _..."
58. SOCHI 2014 - 'Official Timekeeper' of the Olympics
60. Cincinnati's home
61. Bewitched
62. Ursa __ (Constellation)
63. Do some garden work
64. Moulding style
65. English class assignment
66. Space letters

Down
1. A bit wet
2. By any chance
3. "From __ __ You" by The Beatles
4. SOCHI 2014 - __ Skating Palace
5. Desert dwellers
6. In the past
7. Easter Island: 2 wds.
8. Long circle
9. Canadian telecom company
10. What to do in the kitchen's table: 3 wds.
11. 1975 Rush album: 3 wds.
12. Unit of weight in China
13. Popeye comics kid, __'Pea
21. "Law & Order: _ _ _ "
23. Long Island resort town
25. Over
27. Very early computer
28. Type of melon
30. Like Arlo Guthrie's music
31. Cold, as water in Spain
32. Ms. Russell, and namesakes
33. Type of orchestra, for short
34. Malayan sailing boat
35. Jr. family member
37. Recurring process
41. Destroy
42. Actress Vanessa
43. Gordon Lightfoot song
45. Ghost's shout!
48. Chilling
49. Prefix meaning 'Fire'
50. Author, Tami __
51. Voluminous book
52. Quebec friends
54. Canadian comedian Caroline
55. Geese: French
56. Sci-Fi character
59. Last, __ _ long way

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	9							6
		5	2					
1		4		8	9			7
					5		7	9
		1		3		6		
2	7		9					
3			6	1		2		5
					3	4		
4							8	

Yesterday's Sudoku

7	3	4	6	9	1	5	8	2
9	8	5	7	3	2	6	1	4
1	6	2	5	8	4	9	3	7
8	5	1	2	6	9	4	7	3
3	2	6	4	1	7	8	9	5
4	9	7	8	5	3	2	6	1
2	4	9	1	7	6	3	5	8
5	1	3	9	2	8	7	4	6
6	7	8	3	4	5	1	2	9

Today
-3°/-4°
Variable

Wednesday
3°/-3°
Partly cloudy

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Rio4 SX with Navigation shown△

THE NEW 2014 RIO

hwy / city 100km^ 5.3L/7.5L

THROWBACK PRICING

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$69≠ BI-WEEKLY for the first **15 MONTHS.**

0.99% financing

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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by February 28, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. ≠Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Forte LX MT (F0541E)/2014 Optima LX AT (OP742E) with a purchase price of $17,559/$26,259 (including $1,485 freight/PDI) financed at 0%/0.9% for 84-month period equals 32 reduced bi-weekly payments of $76/$109 followed by 150 bi-weekly payments of $96/$149. Cost of borrowing is $0/$840.39 and total obligation is $17,559/$27,099. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Forte LX MT (F0541E)/2014 Optima LX AT (OP742E) shown is $640/$1,280 (a $20/$40 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/84 Amortization Financing example: 2014 Rio LX MT (R0541E) with a purchase price of $15,559 (including $1,485 freight/PDI) financed at 0.99% for 60 months amortized over an 84-month period equals 32 reduced bi-weekly payments of $69 followed by 98 bi-weekly payments of $89 with a principal balance of $4,556 plus applicable taxes due after 60 months. Cost of borrowing is $502.19 and total obligation is $16,061. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Rio LX MT (R0541E) shown is $640 (a $20 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes taxes. See retailer for complete details. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Optima SX AT (OP749E)/2014 Rio4 SX with Navigation (R0749E) is $26,195/$34,580/$23,602. ^ Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Optima 2.4L GDI (A/T)/2014 Rio4 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. 2014 Top Safety Pick – U.S. Insurance Institute for Highway Safety (IIHS) for model year 2014. U.S. model tested. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.